



Bring **MENTAL HEALTH** into the **OPEN**

Ride Don't Hide

June 7, 2020

Join the largest mental health bike ride in Canada! Bring mental health into the open and raise essential funds for mental health in our community!

FIND YOUR RIDE AND REGISTER YOURSELF OR A TEAM!

Paradise • Grand Falls-Windsor • Stephenville Crossing

Virtual Rider • Ride Anywhere

For more information, please contact CMHA-NL at office@cmhanl.ca.

ridedonthide.com

Ride. Walk. Donate.
June 7, 2020



ridedon'thide



Canadian Mental
Health Association
Newfoundland & Labrador
Mental health for all